



September 2024

NYRA PSR

Nyra and the New Horizons office will be closed Monday the 2nd for Labor Day Holiday.

We are pleased to offer a new group, EHD (Emotional Health Discussion)! This will be a staff-led, peer-supported discussion group addressing various emotions in a safe and non-judgmental environment. This month will focus on anger, sharing experiences and fostering coping skills.

Groups

- **CBT** (Cognitive Behavioral Treatment)
- **EHD** (Emotional Health Discussion)
- **IMR** (Illness Management & Recovery)
- **ITCD Support** (Integrated Treatment for Co-occurring Disorders)
- **Living With Anxiety**
- **Mindfulness**

All of our groups and activities are excellent resources in coping with a variety of mental illness diagnoses.

Interesting September Facts!

In some cultures September was the harvest month, time to gather the harvest and prepare for the winter.

September 21st is International Day of Peace.

Sunday the 22nd is the Autumnal Equinox, first day of Fall!

Monday the 23rd is International Day of Sign Language.

SEPTEMBER PRODUCE

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| • Apples | • Melons |
| • Blackberries | • Parsnips |
| • Bok Choy | • Peaches |
| • Broccoli | • Peas |
| • Brussels Sprouts | • Pears |
| • Cabbage | • Peppers |
| • Cantaloupe | • Plums |
| • Carrots | • Potatoes |
| • Cauliflower | • Pumpkins |
| • Corn | • Radishes |
| • Eggplant | • Raspberries |
| • Garlic | • Sweet Potatoes |
| • Green Beans | • Tomatoes |
| • Kale | • Zucchini |
| • Leeks | |



NATIONAL SUICIDE PREVENTION MONTH




#BeThe1To

If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.

Nyra Calendar of Events: September 2024

Mon	Tue	Wed	Thu	Fri
Nyra closed for Labor Day Holiday	<p>3* 8:30 Morning Social</p> <p>9:00 CBT: accepting others 9:30 Ted Talk "How to Overcome Shame" B. Brown 12:30 Community outing-Walmart 12:30-2:30 Consumer's-choice activities</p>	<p>4* 8:30 Morning Social</p> <p>9:00 IM&R: coping with anger 10:00 Emotional Health Discussion group 11:00 Bingo</p> <p>12:30-2:30 Consumer's-choice activities</p>	<p>5 8:30 Morning Social</p> <p>9:00 Living with Anxiety 9:30 Thursday Morning at the Movies "Mamma Mia!"</p> <p>11:00 Games and Social</p>	<p>6 8:30 Morning Social</p> <p>9:00 Life Skills: Critical thinking skill: improving observation 10:00 Tournament: cards</p> <p>11:00 Friday Fun and activities!</p>
<p>9 8:30 Morning Social</p> <p>9:00 ITCD Support: work</p> <p>10:00 Mindfulness: Mindful habits 10:30 Monday Merriment</p>	<p>10* 8:30 Morning Social</p> <p>9:00 CBT: addressing relationship enders 9:30 Ted Talk "A simple Way to Break a Bad Habit" J. Brewer 12:30 Community outing-Columbia Mall 12:30-2:30 Consumer's-choice activities</p>	<p>11* 8:30 Morning Social</p> <p>9:00 IM&R: dealing with concentration and low energy 10:00 Emotional Health Discussion group 11:00 Bingo</p> <p>12:30-2:30 Consumer's-choice activities</p>	<p>12 8:30 Morning Social</p> <p>9:00 Living with Anxiety 9:30 Thursday Morning at the Movies "Oklahoma" 11:00 Games and Social</p>	<p>13 8:30 Morning Social</p> <p>9:00 Life Skills: resiliency 10:00 Tournament: dice games 11:00 Friday Fun and activities</p>
<p>16 8:30 Morning Social</p> <p>9:00 ITCD Support: patience</p> <p>10:00 Mindfulness: mindful of emotions 10:30 Monday Merriment</p>	<p>17* 8:30 Morning Social 9:00 CBT: healthy boundaries 9:30 Ted Talk "Secret to Getting Better Sleep" J. Leinhardt 12:30 Community outing-Salvation Army thrift 12:30-2:30 Consumer's-choice activities</p>	<p>18* 8:30 Morning Social</p> <p>9:00 IM&R: persistent anxiety 10:00 Emotional Health Discussion group 11:00 Bingo</p> <p>12:30-2:30 Consumer's choice activities</p>	<p>19 8:30 Morning Social</p> <p>9:00 Living with Anxiety 9:30 Thursday Morning at the Movies, "Little Shop of Horrors" 11:00 Games and Social</p>	<p>20 8:30 Morning Social</p> <p>9:00 Life Skills: cultivating self esteem 10:00 Tournament: dealer's choice 11:00 Friday Fun and activities</p>
<p>23 8:30 Morning Social</p> <p>9:00 ITCD Support: physical health</p> <p>10:00 Mindfulness: Mindful meditation 10:30 Monday Merriment</p>	<p>24* 8:30 Morning Social</p> <p>9:00 CBT: meditation for stress 9:30 Ted Talk "How to Stay Calm..." Levintin 12:30 Community outing-Food Pantry 12:30-2:30 Consumer's-choice activities</p>	<p>25* 8:30 Morning Social</p> <p>9:00 IM&R: persistent depression 10:00 Emotional Health Discussion group 11:00 Bingo</p> <p>12:30-2:30 Consumer's choice activities</p>	<p>26 8:30 Morning Social</p> <p>9:00 Living with Anxiety 9:30 Thursday Morning at the Movies, "Grease" 11:00 Games and Social</p>	<p>27 8:30 Morning Social</p> <p>9:00 Life Skills: AI update 10:00 Tournament: Pool! 11:00 Friday Fun and activities</p>
<p>30 8:30 Morning Social</p> <p>9:00 ITCD Support: myths/stigmas</p> <p>10:00 Mindfulness: Mindfulness movement 10:30 Monday Merriment</p>		<p>*Nyra is open until 2:30PM on Tuesdays and Wednesdays!</p>	 <p>#Keep Going Together, we</p> <p>afsp.org/KeepGoing</p> <p>American Foundation for Suicide Prevention</p>	